

Rice with Cheese and Vegetables

Makes: 8 Servings

This recipe uses long grain white rice. Rice is a great side dish for meat, poultry and fish.

Ingredients

- 2 cups** long grain white rice (uncooked)
- 1 tablespoon** vegetable oil
- 1** large onion (chopped)
- 1** medium green pepper (chopped)
- 1 teaspoon** garlic powder
- 1/4 teaspoon** black pepper
- 1 tablespoon** vinegar
- 1** chicken bouillon cube
- 1 can** low-sodium green beans, drained (about 15 ounces)
- 1 can** carrots, drained (about 15 ounces)
- 1/4 pound** reduced-fat cheddar cheese (shredded)

Directions

1. Cook rice according to package directions.
2. In a large skillet over medium heat, cook onion and green pepper in the oil until soft. Stir in garlic powder and black pepper.
3. Stir vinegar, chicken bouillon, green beans, and carrots into onion and pepper mixture. Cook until warm.
4. Spoon rice into vegetable mixture, mix well, and top with cheese.